



## Commissioning Opportunities: Lajes Airman SOARs to new heights

*Editor's Note: This article about the SOAR, AECP and ASCP program is the second article in a series on commissioning opportunities. An article on the LEAD program was published Jan. 25. An article about applying to OTS will be published in the March 28 edition.*

**By Tech. Sgt. Christin Michaud**  
65th ABW Public Affairs

An apprentice at the dental clinic here will be trading in his dental pick for college books.

Senior Airman James Hewell was recently selected for the Scholarships for Outstanding Airmen to ROTC program.

The SOAR program is just one of the commissioning opportunities available to enlisted personnel.

The SOAR program allows enlisted personnel to separate from active duty and receive a scholarship worth up to \$15,000 per year while pursuing their commission through Air Force ROTC, explained Maria Tristao-Rocha, education counselor.

Scholarships for Outstanding Airmen to ROTC is designed to nominate up to 50 people each year for ROTC scholarships.

"The main difference is that it is a commander's/MAJCOM program," said Mrs. Tristao-Rocha. Therefore, applicants are not competing Air Force-wide.

"SOARs are awarded for two to four years, depending on how many years you have remaining in your bachelor's degree program," said Mrs. Tristao-Rocha.

When applying for any of the AFROTC enlisted commissioning scholarships, applicants must be accepted to a school before they apply.

"In order to be eligible, I, in particular, applied to Indiana University," said Airman Hewell.

One of the reasons Airman Hewell selected the SOAR program was because it was open to any major. He chose to major in philosophy.

"Since I did not have an interest in pursuing a technical degree, I chose to

apply for this program," he said. "Other scholarships exist but with preferential majors."

One example of a scholarship program that is limited to specific majors is the Airman Education and Commissioning Program. With AECP, Airmen may major in nursing, meteorology, physics, math, most engineering majors or certain foreign language and foreign-area studies specialties.

While in AECP, Airmen remain on active duty and continue to receive their income in addition to the scholarship they receive. "This benefit, coupled with competition at the Air Force-level, makes AECP the most competitive scholarship program of the AFROTC commissioning programs," said Mrs. Tristao-Rocha.

Airmen must have already started their degree and can attend school for up to three years to complete their degree with AECP.

Another opportunity is the Airman Scholarship and Commissioning Program. In ASCP, Airmen are released from active duty into the Air Force Reserve. With this program, they may attend school for two or four years with a scholarship.

Some of the application requirements are the same for each program. Students interested in applying for either program are required to take the Air Force Officer Qualifying Test and be accepted into a school with an ROTC program. Applicants are also required to take the Scholastic Aptitude Test or the American College Test. Both the SAT and ACT are offered at the education center, according to Mrs. Tristao-Rocha.

Applying for one of these programs can be time consuming, but the potential return far outweighs the effort.

"The application process is incredibly daunting," Airman Hewell explained. "At times, I wanted to give up completely. It was a struggle for both my wife and me. Luckily, we have support throughout our squadron and group. I had plenty of support from my squadron commander, Lt. Col. McNitt."



Senior Airman James Hewell, 65th Medical Operations Squadron dental technician, was recently selected for Scholarships for Outstanding Airmen to ROTC. Under the SOAR program, Airman Hewell will trade in his dental pick to attend Indiana University for four years with an Air Force scholarship. Upon graduation, he will receive a commission. (Photo by Guido Melo)

It is common for Airmen interested in commissioning to apply for both SOAR and ASCP. The deadlines are close together.

"There should be more people putting in SOAR packages. SOAR is quite possibly the commissioning program in which people have the best chance of being selected," said Mrs. Tristao-Rocha. "One of the primary reasons is that Airmen only compete against other applicants within their own MAJCOM. Each MAJCOM is allocated a certain number of slots for which that are rarely enough applications.

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## A blend of discipline and love beneficial when raising children

By Maj. Jeff McLean  
Mental Health Flight

Children need our love. Are you showing your kids that you love them? As parents, we should be expressing love to our children daily in specific ways. Here are some ways we may express love to our children: spending quality time with them, giving hugs and kisses, smiling genuinely at them, saying words of praise and giving written notes. A brief note in your child's backpack that says, "I am proud of you!" or "I love you!" can make your child's day. You can think of many other ways to show your love for your child. You may think your children know that you love them, but do you show it each day?

Good behavior from our children makes us happy, but sometimes children don't behave the way we'd like them to, right? Well, they need our help. Another important way we express love for our children is through discipline, otherwise known as positive teaching. You may be thinking, "How is disciplining my child showing love?" Discipline is often misunderstood and usually thought of as something negative. But discipline is essential in raising healthy children. In order to help our children learn to live cooperatively within our families, in the community and in our society, we need to provide positive teaching or discipline. Children need our guidance and teaching to learn what is expected of them and so they know the difference between right behavior and wrong behavior. As a parent, you might have found yourself in situations such as these:

Tired and frustrated, you give in to your child's whining and disrespect and do not hold them accountable for poor behavior. The poor behavior continues.

Tired of telling your child to clean up their room, you do it yourself.

Afraid of saying "no" too often, you allow your child to misbehave.

How can you help shape your child's behavior so that your child behaves the way you want them to? Focusing on what children do right helps them to stop doing what's wrong, but there are times when we must confront misbehavior. It is important to discipline calmly and with clear

expectations. Take responsibility as a parent and provide caring teaching. Here are some suggestions for doing that:

**1) Catch them doing what you want.**

Keep a watchful eye on your child. When you find him doing something you want him to do, give plenty of praise. Affirmation will encourage him to keep up the positive behavior.

**2) Ignore minor infractions.**

Often simply ignoring negative behavior can make it go away. However, never ignore behavior that is blatantly disrespectful or dangerous to the child or to others.

**3) Say yes as much as possible.**

Parents say no several times a day but fail to say yes when they have the opportunity. Choose your battles wisely, allow your child more freedom while maintaining limits. Try to say "Yes" more than you say "No."

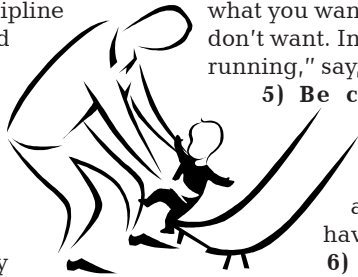
**4) Set clear, reasonable expectations: phrase commands in a positive way.** Children respond better to commands that are specific. State what you want rather than what you don't want. Instead of saying, "Stop running," say, "You need to walk."

**5) Be consistent.** You want your child to know what to expect from you. Inconsistency confuses children and leads to further misbehavior.

**6) Give consequences for behavior.** Reward desired behavior with positive consequences such as praise, an extra privilege or a special treat. Give a negative consequence when your child misbehaves or displays a behavior that you do not want to continue. A negative consequence may be removing a privilege (such as watching TV, playing a video game or going to a friend's house) or adding a chore (such as washing the dishes or cleaning) or giving a time-out.

**7) Remember, you are teaching.** Anytime you are with your child, you are teaching. Model what you expect from your children such as respect, healthy behaviors and caring. Take an active, positive role in parenting. It is the most important job you will ever have!

For more information about effective parenting contact the Mental Health Clinic, Airmen and Family Readiness Center or your Chaplain.



535-4240

[actionline@lajes.af.mil](mailto:actionline@lajes.af.mil)

*The Commander's Line is your link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution. Your chain of command*



**Col. JL Briggs**

*should always be your first option for praise or problems — but when that's not the answer, call or e-mail the Commander's Line at 535-4240 or [actionline@lajes.af.mil](mailto:actionline@lajes.af.mil).*

**Col. JL Briggs**

Commander, 65th Air Base Wing



*The 65th Air Base Wing Public Affairs staff prepares all editorial content in the Crossroads.*

*Submissions can be e-mailed to [news@lajes.af.mil](mailto:news@lajes.af.mil) and are due a week prior to the publication date.*

*This funded Air Force newspaper is an authorized weekly publication for members of the U.S. military services overseas.*

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## Lajes MATHCOUNTS Team takes 2nd Place

By Maj. Matthew Ginnaty  
65th Communications Squadron

The Lajes Middle School MATHCOUNTS Team placed 2nd in the Mediterranean District competition.

Seven teams competed in the district competition to include Aviano Middle School, which took 1st place. The Lajes Middle School team consisted of Ian Ginnaty, Jeff Maler, Kaleb Mitchell, and Cisalee Oldham. Ian Ginnaty also placed 2nd in the overall individual competition. His competition was tough with 24 other students from seven schools. Carter Hoff, Lajes Middle School math teacher, has coached a winning MATHCOUNTS team for the third year running.

MATHCOUNTS is a national competition that promotes mathematics achievement through grassroots involvement by 6th, 7th, and 8th Grade students. This program heightens student interest in mathematics by making math achievement as challenging, exciting, and prestigious as a school sport. Mathletes who win at the national level are awarded scholarships. The Lajes mathletes participated in the district competition by taking a three part timed test. In two of the sections, mathletes work individually while the last section is a set of 10 challenging problems worked as a team.

"The time spent in practice and taking the test was well spent," said Ian Ginnaty, "I was happy to win 2nd place."

Winning teams and individuals have the opportunity to compete at the DoDDS European level in Germany and if they win in Germany, they move on to the final competition in Washington D.C.



Lajes Middle School 2007-2008 Mathletes: from left to right are Coach Carter Hoff, Jeff Maler, Kaleb Mitchell, Elue Palmer, JJ Gretta, Ian Ginnaty, Austin Wagner, and Jasmyne Flores. Not pictured are Carlie Gantar and Cisalee Oldham. (Courtesy photo)

Mr. Hoff selected the mathletes from the relatively small middle school population. Team formation started in Nov. 2007, when Mr. Hoff recruited 9 regular season mathletes: Jasmyne Flores, Carlie Gantar, Ian Ginnaty, JJ Gretta, Jeff Maler, Kaleb Mitchell, Cisalee Oldham, Elue Palmer, and Austin Wagner. The mathletes practiced 90 minutes once a week after school along with practicing more on their own with worksheets and math problems from the MATHCOUNTS website. As the competition date neared, the focus of the practices narrowed to problems similar to what would be on this year's test. Mr. Hoff said, "This year's MATHCOUNTS team was the

strongest I've ever coached. I was very happy with how they competed in the district competition as we were facing many schools with a much larger population."

GINNY BRIGGS, Lajes American School Principal, said, "The success of our MATHCOUNTS team gives us another opportunity to be proud of our students. Once again, Falcons soar, with Ian Ginnaty scoring 2nd in the individual competition among all other participating students in the Mediterranean District and Jeff Maler, Cisalee Oldham, Caleb Mitchell, and Ian Ginnaty placing 2nd in the Team Competition. Way to go, Lajes MATHCOUNTS Achievers!"

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Even if USAFE should have more applicants than slots, we could fill a slot from another command that doesn't have enough applicants. The chances in this program are definitely better since too few people take advantage of it."

Taking advantage of this commissioning opportunity paid off for Airman Hewell.

"Whether you have 10 credits or 100, there is definitely a program out there worth looking into," encouraged Airman Hewell. "While everyone is aware of the tuition assistance,

the Air Force offers so much more to those who are willing to put in the extra effort—an effort that has definitely been worth it."

Airmen interested in applying for a commission have plenty of time to prepare their packages - SOAR packages are due Sept. 15. and the deadline for ASCP is Oct. 15.

Commissioning briefings are offered at the education center at 10 a.m. the second Tuesday of each month. For more information, call 535-5291.

### Qualifications for an ROTC Scholarship Program

- ☐ United States citizens.
- ☐ Must be able to graduate prior to age 31.
- ☐ Must have at least one year Time-On-Station (Waiverable - note that waivers are not guaranteed).
- ☐ Must be recommended by their immediate commander.
- ☐ Must have at least a 2.5 cumulative college grade point average (If you earned at least 24 semester hours (or 36 quarter hours) in graded (i.e., not CLEP, DANTES or CCAF) college credit). If you have not earned 24+ semester hours in graded college work, you must have earned an ACT composite score of 24 or higher or an SAT1 combined Verbal and Math score of 1100 or more. This requirement is not waiverable.
- ☐ Must be admitted to a school offering Air Force ROTC and the intended major.
- ☐ Earn Air Force Officer Qualifying Test scores of 15 or more on the Verbal scale and 10 or more on the Quantitative scale.
- ☐ Must pass the Air Force ROTC Physical Fitness Test.
- ☐ Must not be selected for reassignment prior to submission of the application. (Waiverable)



Today	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>9 a.m.</b> Check out the new Snack Avenue at the Shoppette <b>1 p.m.</b> Seamstress available, CAC <b>5 p.m.</b> Teen Money Matters, LYP <b>6 p.m.</b> Annual Awards Banquet, TORC <b>7 p.m.</b> The Water Horse (PG) <b>10 p.m.</b> One Missed Call (PG-13)	<b>9 a.m.</b> Healthy Heart Family Walk/Run, Chase Fitness Center <b>10 a.m.</b> Pico Negroao Hiking Trip, ODR <b>1 p.m.</b> Beginning Sewing, Arts & Crafts Center <b>7 p.m.</b> Teen Night Out, LYP <b>7 p.m.</b> The Water Horse <b>10 p.m.</b> One Missed Call	<b>9 a.m.</b> Evangelical Service <b>9 a.m.</b> CCD <b>10:30 a.m.</b> Mass <b>Noon</b> , Praise Service <b>2 p.m.</b> The Water Horse <b>4 p.m.</b> Library closes for renovation until Mar. 15 <b>7 p.m.</b> One Missed Call	<b>6:05 a.m.</b> Step Aerobics <b>6:30 a.m.</b> Oceanview serving breakfast <b>7:30 a.m.</b> Spin <b>11 a.m.</b> Chicken tender special, \$5.75, Oceanview <b>10 a.m.</b> Thrift Store open <b>2 p.m.</b> Smooth Move Seminar, A&FRC <b>5:20 p.m.</b> Body Sculpting <b>6 p.m.</b> Spin	<b>7:15 a.m.</b> Circuit Training <b>8 a.m.</b> National Prayer Breakfast, TORC <b>10 a.m.</b> Beginning Investing, A&FRC <b>3 p.m.</b> Home Buyer Seminar <b>5:30 p.m.</b> Mongolian BBQ, TORC <b>6 p.m.</b> AWANA, chapel	<b>Noon:</b> Women's Bible Study/ lunch, chapel <b>5 p.m.</b> Family Night Bowling <b>Rent-A-Lane</b> \$7.50/hr lane, \$1 shoe rental <b>5 p.m.</b> Teen Career Launch, LYP <b>6 p.m.</b> BINGO sales begin, game starts at 7:15 p.m., TORC <b>7 p.m.</b> Chyp Davis Performs, TORC	<b>11 a.m.</b> Military Appreciation Day at the bowling alley. <b>Noon:</b> Arts & Crafts delivers balloon bouquets <b>7 p.m.</b> The Water Horse <b>8 p.m.</b> Ladies Night, Female member drink specials, TORC <b>9 p.m.</b> Karaoke, special, TORC

## Military Saves Week

**Military Saves Week:** Feb. 24 through Mar. 1 is military saves week. Call A&FRC at 535-4138 for class schedules and complete details. Check out [www.militarysaves.org](http://www.militarysaves.org).

## Remote Control

**Remote Control:** There is a mandatory appointment for all 65th Air Base Wing E-1 to E-6 and O-1 to O-3 to attend a performance of the incoming play "Remote Control" on Feb 25 or 26. All other walk-ins are encouraged and welcomed to attend any performance. For a copy of the performance schedule or questions contact Capt. C.J. Vaca at 535-6412 or email [sarc@lajes.af.mil](mailto:sarc@lajes.af.mil).

## African-American Heritage

**Reading Volunteers:** Looking for volunteers to read books or speak to Lajes Field students about the outstanding achievements of African Americans Feb. 19-22. To volunteer, contact Tech. Sgt. Latricia Palmer at 535-5133.  
**AAHC Banquet:** 6:30 p.m. Feb. 29 at the TORC. For price and ticket information, contact Tech. Sgt. Edward Daniels at 535-3583.

## A&FRC 535-4138

**Beginning Investing:** 10 to 11:30 a.m. Feb. 26 at A&FRC.  
**Home Buying Seminar:** 3 to 5 p.m. Feb. 26 at A&FRC.  
**New Beginnings:** Weight Loss Support Group meets 9 a.m. Feb. 27 at A&FRC. Contact Angie Erickson at 295-549-528.  
**Southeast Asian Cooking Class:** 6 p.m. Feb. 28 at A&FRC kitchen.  
**Credit Management:** 9 to 11 a.m. Feb. 29 at A&FRC.

## Chapel 535-4211

**The National Prayer Breakfast:** 8 a.m. Feb. 26 at the TORC. Tickets are \$5 and are available at the chapel.  
**Daily Mass:** 11:30 a.m. Monday through Thursday at the chapel.  
**AWANA Meetings:** 6 p.m. Tuesdays.  
**Women's Bible Study/Lunch:** noon Wednesdays at the chapel.  
**Singles Bible Study/Dinner:** 6 p.m. Thursdays at the chapel.  
**Catholic Choir Rehearsals for Mass:** 5:30 p.m. Thursdays at the chapel.  
**Chancel Choir Rehearsals for the Evangelical Service:** 6 p.m. Thursdays at the chapel.  
**Body of Praise Rehearsals for Praise Service:** 6:30 p.m. Thursdays at the chapel.  
**Protestant Youth of the Chapel Meeting:** 6 p.m. Sundays at the chapel.

## Arts & Crafts 535-3909

**Beginning Sewing Class:** Make a pillow, 1 to 4 p.m. Feb. 23, \$24.  
**Cake Decorating Class:** 5:30 to 7:30 p.m. Feb. 27 and 28, \$25.  
**Metal Embossing:** 5:30 to 7:30 p.m. Mar. 5 and 6, \$25.  
**Jasmim Aromatherapy:** 2 to 4 p.m. Mar. 8, \$18.

## Library 535-3688

**Lajes Library Interior Renovation Project:** The Library will close at 4 p.m. Feb. 24 and re-open 10 a.m. Mar. 15. Due dates for library material will still be in effect. The outside book drop will be open for return of material. For the one or two days that the book drop must be locked, please keep material secure. Customers are responsible for all material loaned out to them. Call Patricia Arnold at 535-3688 for details.

## Outdoor Rec 535-3302

**Outdoor Rec Closure:** ODR is closed for renovations through Mar. 1. Selected resale paintball gear, camping and fishing tackle are available at the Sports Zone Store in the fitness center. Sign up for trips, tours, family fun events, golf membership cards and green fees at the Sports Zone. Equipment rental is available at the Arts & Crafts Center.  
**Pico Negroao Hiking Trip:** 10 a.m. Feb. 23.

## NAF Jobs 535-5200/6582

**NAF Openings:** Animal Caretaker, Community Center Recreation Aid, CDC Program Assistant. Details at [www.lajes-services.com/hro.htm](http://www.lajes-services.com/hro.htm)

## Classified Ads

*E-mail classified ads to [news@lajes.af.mil](mailto:news@lajes.af.mil) by 5 p.m. the Thursday prior to the week you need it published. Notify the Crossroads when items have been sold. Lajes personnel may also post ads at [Lajesads.com](http://Lajesads.com). This site is not affiliated with the Crossroads.*

For Sale 1994 Honda Shadow Spirit 1100, 25K miles, very good condition, New tires, New battery, 35 - 40 mpg, two tone paint \$3500 obo. Call 295-549-204

For Sale: 1991 Honda Civic for Sale. Runs Great! Four new racing tires Nov. 2008, new brakes Feb. 2008. Inspection good until June 2009 asking \$3000. Call 969-569-499 or 535-3192. Available early March. Picture at post office and A&FRC.

For Sale: 1994 Honda Del Sol, new stereo, subwoofer, removable hard top, power windows, air intake system, 97,000 miles. Runs great! Asking \$3,000. Call James at 295-549-546.

For Sale: 1996 Dodge Neon, new stereo, new front speakers, Power locks, sun roof, reliable car. Asking \$2,000. Call James at 295-549-546.

For Sale: Electric Guitar, Fender Stratocaster + case, Sunburst color, 350 euros (new costs 650E). Call Claudia Santos at 969-637-545.

Wanted: Donations needed clothes, shoes, toys, books, household items, etc. All donations are used for the Lajes High School sports teams to raise money for travel. Will pick up donations, e-mail [lajes15@yahoo.com](mailto:lajes15@yahoo.com) or call 295-549-206. Thank you for your support.